



Salmon Burgers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large egg white
- ☐ 0.8 ounce flour toasted
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 tablespoon pepper sauce hot
- ☐ 1 cup onion red finely chopped
- ☐ 1 pound salmon fillet chopped
- ☐ 0.3 teaspoon salt

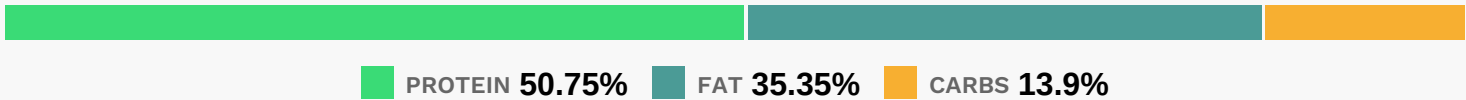
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine.
- ☐ Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness.
- ☐ Serve patties on toasted focaccia.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:1.92, Inflammation Score:-5, Nutrition Score:17.315652222089%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 197.27kcal (9.86%), Fat: 7.55g (11.61%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 5.84g (2.12%), Sugar: 1.89g (2.1%), Cholesterol: 62.37mg (20.79%), Sodium: 327.29mg (14.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Selenium: 43.25µg (61.79%), Vitamin B12: 3.61µg (60.22%), Vitamin B6: 0.98mg (49.19%), Vitamin B3: 8.99mg (44.96%), Vitamin B2: 0.48mg (28.35%), Phosphorus: 241.03mg (24.1%), Vitamin B5: 1.96mg (19.6%), Vitamin B1: 0.28mg (18.45%), Potassium: 638.29mg (18.24%), Copper: 0.31mg (15.47%), Magnesium: 39.13mg (9.78%), Folate: 37.52µg (9.38%), Vitamin C: 5.66mg (6.86%), Vitamin K: 6.67µg (6.35%), Iron: 1.07mg (5.97%), Zinc: 0.81mg (5.43%), Manganese: 0.11mg (5.29%), Fiber:

0.84g (3.35%), Calcium: 26.94mg (2.69%), Vitamin A: 131.23IU (2.62%)